

Activity Schedule Pull-Out



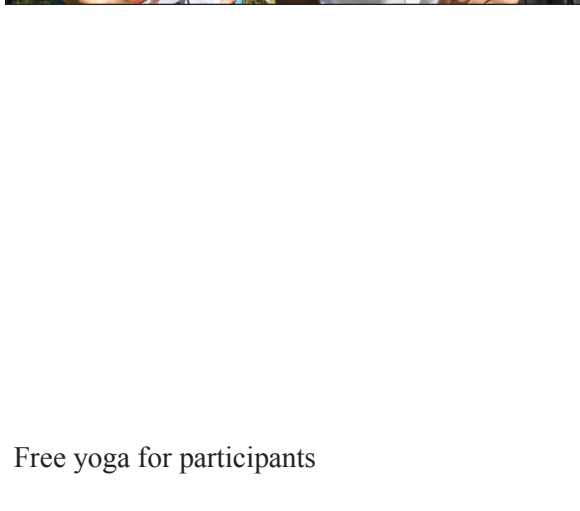
April - June 2011



Wicked Bottom
Cross Country 5K
1/2 Mile Kids Fun Run



Free massage for participants



Free yoga for participants



"I run a lot of races during the year, but you can't beat a race that ends at such a beautiful destination. We stayed after the race and enjoyed wine tasting, a picnic and the beautiful grounds. Can't wait until next year." Lynne (2010 participant)



Registration is EASY!!!

see page 24 - 25



Spring Schedule

ARTS & CRAFTS

DRAWING & PAINTING...

Ages 5-18, 4wks

If you love art, then this is the class for you! With the techniques you'll learn in this class, you'll be amazed at the beautiful works of art you can make. Students learn about materials and tools, planning a painting, techniques, color basics and mixing of colors, and light and shadow using water colors and/or acrylics. Students will also learn basic drawing skills such as composition, proportion, placement and shading. Class assignments are age appropriate and are geared to help the individual child express his/her own creative ideas at their level of artistic ability. New ideas are introduced each month, so come back again and again for more creative fun!!

The Creative Side, Inc

...FOR HOMESCHOOLERS

Location: Community Room, 303 N. Main

Th 3/31-4/21 \$65

Ages 5-10 1:45p-2:30p #1610.0484

Ages 11-18 2:45p-3:30p #1610.0485

Th 5/5-5/26 \$65

Ages 5-10 1:45p-2:30p #2610.0484

Ages 11-18 2:45p-3:30p #2610.0485

...FOR KIDS

Location: TBD

Th 3/31-4/21 \$65

Ages 5-10 5:15-6:00p #1610.0478

Ages 11-18 6:15-7:00p #1610.0479

Th 5/5-5/26 \$65

Ages 5-10 5:15-6:00p #2610.0478

Ages 11-18 6:15-7:00p #2610.0479

Th 6/2-6/23 \$65

Ages 5-10 5:15-6:00p #2610.0480

Ages 11-18 6:15-7:00p #2610.0479



TRIP AROUND THE WORLD

Ages 18 & up, 8wks

Come join long-time quilter Joyce Calhoun as we make a 'Trip Around the World' quilt. Sewing experience is required, and you must bring your

own sewing machine. A supply list will be online & in the Parks and Recreation Office.

Instructor: Joyce Calhoun

Floyd T. Binns M.S. Rm 101

Register by: 4/7 #2610.0358

W 4/13-6/1 6:00p-8:00p \$45

CAKE DECORATING BASICS

Ages 10-adult, 2day

This class will show the basics of cake decorating, from icing to borders to roses. All supplies are included (icing, decorating bag, tips, and practice sheets). First class will go over techniques and practicing; second class will be spent decorating a cake to take home.

Instructor: Tabitha Riley

The Depot, Room #1

Register By: 4/29 #2610.0462

W 5/11-5/18 5:30-8:30p \$69

AQUATICS



SWIMMING LESSON

The final swimming lesson schedule was not available as of the print deadline. Go online to

www.CulpeperRecreation.com for details or to receive a copy of the schedule, mail a self-addressed STAMPED envelope to: CCPRD, ATTN: Swim Lesson Schedule, 155 W. Davis St, Suite 100, Culpeper VA 22701.

DANCE

BALLET/TAP COMBO

Ages 6-10, 6wks

For those who are just getting started, come out and learn both ballet and tap dancing in one class! Ballet & Tap shoes optional, not required. No class 4/21

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood

Register By: 4/1 #2611.0653

Th 4/7-5/19 5:30-6:30p \$55

ADDITIONAL DANCE CLASSES...

may be available. Final details were not available at the time of printing, so please check online at www.CulpeperRecreation.com.

Mother-daughter Belly Dance
Swing Dance for 18 and ups
Swing Dance for Teens & "Tweens"
Ballroom for 18 and ups
Ballroom for Teens & "Tweens"

HEALTH & FITNESS

TRY IT...



Interested in the new Vinyasa Yoga, the Pilates, or Total Body Conditioning Class? Come on out and try it for free. Please pre-

register. Bring a mat, water bottle and thick towel.

Instructor: Denise Alexander

Community Room, 303 N. Main St

W 3/30 **FREE**

Register By: 3/28

Vinyasa Yoga 9:00-10:00a #2512.0668

Body Conditioning 10:10-11:10a #2512.0669

Pilates 11:20a-12:20p #2512.0654

Registration is EASY!!!

see page 24 - 25

Spring Schedule



PILATES

Ages 16+, 4wks

Pilates is a great fun and easy way to get up off the sofa and into shape. This Pilates mat class integrates the entire body while working the abs and back and focusing on strength, flexibility and balance. Appropriate for all ages and fitness levels; for men or women. Bring a mat, water bottle and thick towel.

Instructor: Denise Alexander

Community Room, 303 N. Main

W 11:20-12:20a \$35

4/6-4/27 *Register By:* 3/31 #2512.0665

5/4-5/25 *Register By:* 4/28 #2512.0667

6/1-6/22 *Register By:* 5/26 #2512.0655



VINYASA YOGA

Ages 16-adult, 4wks

This fun class combines postures and poses into a movement based sequence. If you've tried yoga before and had difficulty holding the poses, then this is the class for you. In Vinyasa Yoga you will move from one pose directly to another without stopping. You will move at your pace while you increase your strength, flexibility and balance. This class is for men or women, and is appropriate for all ages and levels of fitness. Bring a mat, water bottle and thick towel.



Instructor: Denise Alexander

Community Room, 303 N. Main

M 1:00-2:00p \$35

4/4-4/25 *Register By:* 3/29 #2512.0661

5/2-5/23 *Register By:* 4/26 #2512.0660

6/6-6/27 *Register By:* 5/24 #2512.0659

W 9:00-10:00a \$35

4/6-4/27 *Register By:* 3/31 #2512.0663

5/4-5/25 *Register By:* 4/28 #2512.0664

6/1-6/22 *Register By:* 5/26 #2512.0662



TOTAL BODY CONDITIONING

Ages 16-adult, 4wks

For participants who want to add variety to their exercise program.

Improve agility, balance and coordination, while increasing muscular endurance and strength. Light weights will be provided, but you can bring your own. Be sure to bring a mat, towel and water bottle.

Instructor: Denise Alexander

Community Room, 303 N. Main

M 2:10-3:10p \$35

4/4-4/25 *Register By:* 3/29 #2512.0658

5/2-5/23 *Register By:* 4/26 #2512.0657

6/6-6/27 *Register By:* 5/24 #2512.0656

W 10:10-11:10a \$35

4/6-4/27 *Register By:* 3/31 #2512.0654

5/4-5/25 *Register By:* 4/28 #2512.0653

6/1-6/22 *Register By:* 5/26 #2512.0652

TAI CHI

Ages 16-adult, 4wks

Tai Chi is a gentle, flowing, meditative-style of exercise that produces greater energy and ease for the body, mind and spirit. This wonderful, healthy exercise is appropriate for both men and women.

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 4:00p-5:00p \$35

4/6-4/27 *Register By:* 3/31 # 2512.0470

5/11-6/1 *Register By:* 5/5 #2512.0475

TAI CHI...CONTINUED

Ages 16-adult, 4wks

For those students that have taken at least 1 month of Tai Chi, come and discover additional movements and poses to expand your knowledge of Tai Chi. No class 5/30

Instructor: Remi Godlewski

Community Room, 303 N. Main

M 5:30p-6:30p \$35

4/4-4/25 *Register By:* 3/31 # 2512.0473

5/9-6/6 *Register By:* 5/3 #2512.0374

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www.CulpeperRecreation.com

**155 West Davis Street, Suite 100
Culpeper, Virginia 22701**

Phone: (540) 727-3412

Fax: (540) 727-2802



Spring Schedule

LEISURE LEARNING

GEOCACHING



Ages 10 & up (under 16 with adult), 1 day
With all the movies on finding lost treasure, how would you like to get involved in your own treasure hunt? Come out and learn about geocaching (pronounced geo-cashing) and how fun it can be for you and your family.

Instructor: Sonja & Bill Marsh

303 N. Main St

Register By: 4/12 #2513.0196

Sa 4/16 9:00a-2:00p \$10



MOONLIGHT PADDLE

All ages. Anyone under 18 must be accompanied by a registered adult. Join volunteer guide Bill Marsh for an evening of paddling, snacks, and sightseeing at Lake Pelham. Wear appropriate attire: clothes and sneakers you don't mind getting wet. Also, bring a change of clothes just in case. **Must have your own canoe or kayak. Life jackets are required.** Boat permit fees will be waived for this event. Glow sticks will be provided as well as some minor refreshments. Participants may bring their own refreshments, but alcohol is not allowed. A portion of the registration fees will be donated to the Water Rescue team, who will also be on site. Show up between 8:00p-8:30p, paddle starts at 9:00p and lasts about 2 hours.

Volunteer Coordinator: Bill & Sonja Marsh

Lake Pelham, Henretty Drive

Register by: 5/10 #2513.0197

Sa 5/14 8:00-11:30p \$10 per person

SAILING BASICS

All Ages, 2 days

Watching a sail boat glide across the water can be a beautiful thing. Have you ever wanted to be the one controlling the sail boat? This two-part class will show you the basics. Wednesday night: will go over terms, the names of parts of the boat, how the wind & sail work together, and most importantly, safety. Saturday will have a refresher on terms, and the names of parts of the boat. Safety recovery of the sailboat will be taught as well. Additionally, a brief instruction on how to back up with a trailer will be given. Everyone will get a turn to sail a 15' Albacore and a 16' Prindle catamaran. Snacks, water and a lunch of hamburgers and hotdogs will be provided. Participants should wear appropriate clothes in case you get wet. Life jackets will be available, but please bring your own if you have one. All ages are welcome to come; anyone under 18 must be accompanied by a registered adult.

Volunteer Coordinator: Bill & Sonja Marsh

\$45 *Register By:* 7/14 #2513.0021

Wed: The Depot; Sat: Mt. Run Lake

W 7/20 6:00p-9:00p; Sa 7/23 8:00a-4:00p

THE USES OF WILD PLANTS



Ages 16 & up

Come join in the fun and fascination of learning about wild plants and their traditional uses.

Learn which plants can be eaten, used for tea, used for survival, taken for medicine, used for fiber, and more. We'll

start by learning terminology and "how to's" associated with plant identification, collecting, and preparation for various uses. Then, let's take a nice, long walk in the field and identify plants, learn about them,

and even try a few. When we're finished in the field, enjoy a spring tonic of sassafras tea while getting hands-on experience extracting and twisting plant fiber to make cordage. We'll end the class by making a tulip poplar bark berry bucket to take home.

Instructor: Ron Hughes, Naturalist

Lenn Park, Stevensburg Road

Register by: 4/12 #2613.0610

Su 4/17 12:00n-4:00p \$29

BEGINNING ANIMAL TRACKING

Ages 16-adult, 1day

Ever wonder what animal made that muddy print on your driveway, sidewalk, or left a footprint in your garden or in the snow? You just may find out in my class! Join Ron Hughes and explore the primitive art and skill of animal tracking. You'll start indoors and discuss what tracking is, what tracks are, where to look for tracks, and learn how to identify many of our common, local animals. After the classroom session, you'll venture outdoors to explore a nearby landscape to put your new skills to work. All participants will need to dress accordingly for both indoor and outdoor activity.

Instructor: Ron Hughes, Naturalist

Indoor: The Depot, Rm 3;

Outdoor: Lenn Park, Stevensburg Rd

Register By: 1/25 #2613.0609

Su 4/3 12:00p-4:00p \$35



OVERNIGHT BACKPACKING

All Ages, 2 days

Have you ever wanted to try backpacking and camping but didn't want to start out completely on your own? Have we got the solution for you! Come join Bill & Sonja Marsh for an overnight backpacking / camping trip at Lenn Park. You'll park your vehicle at the entrance to the park, and then walk approximately 1 mile to the camping site. Bill & Sonja will be there to

Registration is EASY!!!

see page 24 - 25

Spring Schedule



offer guidance, but you will be responsible for setting up your camp site. Be sure to bring your own tent, supplies, dinner, and breakfast. Around the campfire, we'll discuss the possibility of a summer overnight backpacking trip. Discussion will include things you do / don't need and how much weight to carry. All ages are welcome to come; anyone under 18 must be accompanied by a registered adult.

Volunteer Coordinator: Bill & Sonja Marsh
Lenn Park, 18063 Stevensburg Road

Register By: 6/17 #2513.0020

Sa-Su 6/25-6/26 4:00pm-12:00n \$10



KIDS' NIGHT OUT

Ages 2-11yrs

Enjoy a night on the town while your kids enjoy one too! Drop off your children for a fun filled night of crafts, music, and games. A family film (G rated) will be shown from 7:00 to 8:30 pm. Dinner will be a juice box or water, cheese pizza, popcorn or pretzels, chicken nuggets, and a vegetable/fruit cup. **Sign up for all classes, get the 10% OFF.**

Instructor: Wormack Productions & Creations
Community Room, 303 N. Main St

Register by: Wed before class.

Sa	6:00-8:30p	\$13 per child
4/23	#2615.0618	5/21 #2615.0619
6/25	#2615.0620	8/6 #2615.0621

PRESCHOOL

MY FIRST DANCE CLASS

Age 3yrs, 6wks

Our youngest dancers explore movement and music in a fun, age-appropriate class.

No class 4/21

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood

Register By: 4/1 #2615.0200

Th 4/7-5/19 4:00-4:30p \$45

MY FIRST BALLET

Ages 4-5yrs, 6wks

For all the budding ballerinas out there, come on out and learn the basic positions and steps to becoming a real ballerina. Ballet shoes optional. No class 4/21

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood.

Register By: 4/1 #2615.0201

Th 4/7-5/19 4:30-5:00p \$45



TINY TAPPERS

Ages 4-5, 6wks

Come on out, and let's make some noise! Bring your little one out to learn the basic steps of tap dance. Tap shoes optional. No class 4/21.

Instructor: Woods Gymnastics

13409 Beverly Ford Rd, Elkwood.

Register by: 4/1 #2615.0202

Th 4/7-5/19 5:00-5:30p \$45

KID'S CLUB

Ages 2.5 to 5.5

Enjoy interactive stories, dance, play, and crafts centered on our monthly themes. Children must wear sneakers and play clothes, bring a labeled water bottle, and a heavy snack. Parents may stay or drop off your little one, so that you can get caught up on your "me" time.

Instructor: Wormack Productions & Creations

Community Room, 303 N. Main St

Register by: Wed before class

M 10:00a-12:00n \$13 per class

4/18 April showers & spring flowers #2615.0615

5/9 Mom and Dad's Day. #2615.0616

PAWS & HOOFS

CANINE BUILDING BLOCKS

Dog Ages 3 months & up, 4wks

Not sure if your furry companion is ready to start obedience training? Is your dog uncertain or uncomfortable around other dogs, new people, or different situations? This 4-week session is an opportunity to expose your dog to new situations and some basic cues in a relaxed and less structured classroom environment. Emphasis will be on strengthening the human/canine bond, fun confidence-building exercises, and socialization. Each class is customized based on the needs of the dogs.

Maximum of 4 dogs per class.

Instructor: Margot French

Community Room, 303 N. Main St.

Register By: 4/1 #2614.0577

Th 4/7-5/26 7:15-8:15p \$55



S.T.A.R. PUPPY KINDERGARTEN



Ages: Puppies 3-12 months; 8wks

Now that you've got that adorable bundle of fur, let's get started on the ABC's of puppy training using positive reinforcement. This class incorporates the AKC's S.T.A.R. Puppy program. (more class details are online). Tuesday evening class will be held at Instructor's home.

Instructor: Betty Ann Howell

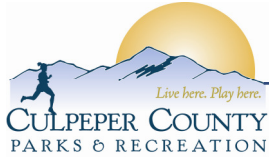
\$95 *Register By:* 3/30

Tu 4/5-5/24 6:00-7:00p #2614.0579
17065 Wayland Road, Culpeper

Sa 4/9-6/4 10:00-11:00a #2614.0654

Community Room, 303 N. Main

No class 4/23



Spring Schedule

DOG OBEDIENCE DISCOUNTS

- Seniors - 55 & up - 10% discount
 - Returning Students—10% discount
 - Adopted Dogs - 20% discount - must provide copy of adoption contract (discount available in person only)
- * Only one discount per dog per family.

Above discounts only apply to classes taught by Betty Ann Howell or Margot French.

-register for a class at Wash & Wag and receive a coupon for a free bath.

BEGINNING MANNERS I

Ages: Dogs 5 months & up, 8 wks
Bring Fido out to this class where he/she will learn basic commands and enjoy socializing with other dogs. Any dog, whether they're 5 months or 5 years, can attend. No class 4/23
Instructor: Margot French
Community Room, 303 N. Main
\$95 *Register By:* 4/4
Th 4/7-5/26 6:00p-7:00p #2614.0656
Sa 4/9-5/28 3:00p-4:00p #2614.0657

CANINE GOOD CITIZEN

Ages: Dogs 6 months & up; 8 wks
Prerequisite: Must have taken a dog obedience class previously or placement by instructor.
For the dog that already has a solid foundation of the basic commands (sit, stay, down & come), this class will help your dog become a "Canine Good Citizen." Started in 1989 by the AKC, the CGC is a certification program that is designed to reward dogs (mixed or pure bred) who have good manners at home and in the community. Not only does continuing to train your dog increase your bond, but it also produces a well-behaved and social dog. The CGC is also a first step in pet therapy. No class 4/23.
Instructor: Margot French
Community Room, 303 N. Main
Register By: 4/4 #2614.0589
Sa 4/9-6/4 4:15p-5:15p \$95

WALKERS, WHEELCHAIRS, AND CANES, OH MY!

Dogs ages 6 months & up, 8 wks
Prerequisite: Dogs should have a reliable Sit, Stay, Down, and Come.
For those of you interested in Pet Therapy, this class will cover the requirements of the Therapy Dogs International, Inc (TDI) therapy dog test. First class will be held at the Community Room. Remaining class dates may be held at various locations in the community depending on weather. Details on TDI's test are available online. No class 4/23.
Instructor: Betty Ann Howell
Community Room, 303 N. Main
Register By: 4/4 #2614.0390
Sa 4/9-6/4 11:00a-12:00n \$95



JUST FOR FUN: TRACKING & SCENT GAMES

Dogs Ages 6 months & up, 8 wks
The next offering in our new "Just for Fun" series. Come out and see how well Fido's nose works. This class will give you a fun introduction to the sport of tracking and also to a few scent identification games. So bring Fido or Fluffy out and let's have some fun and "find it". Previous obedience training would be helpful.
Instructor: Betty Ann Howell
17065 Wayland Road, Culpeper
Register By: 3/30 #2614.0580
M 4/4-5/23 6:00-7:00p \$95

ALL DOG OBEDIENCE CLASSES

- Please bring to class:
- A plain buckle collar
 - 4ft or 6ft leash (no flexi or extendable leashes)
 - Small soft treats (no hard or crunch treats like "milk bones")



JUST FOR FUN: AGILITY, OBEDIENCE & RALLY



Dogs Ages 6 months & up, 8 wks
Prerequisite: Dogs should have a reliable Sit, Stay, Down, and Come.
Another offering in our new "Just for Fun" series. Come out and try Fluffy's paw at Agility, Obedience, and Rally. So bring Fluffy out and let's have some fun.
Instructor: Betty Ann Howell
17065 Wayland Road, Culpeper
Register By: 4/4 #2614.0581
Th 4/7-5/26 6:00p-7:00p \$95

DOG TRICKS

Dogs ages 6 months & up, 4 wks
Prerequisite: Basic obedience class or a SOLID foundation of the SIT, SIT/STAY, DOWN and DOWN/STAY.
Come in and have some fun with your dog and build on the reliability and control of the sit, stay and down commands. All tricks are detailed step-by-step in the class book. While in class you will learn to teach your dog: The Shake, Wave, High Five, Bow, Play Dead, Roll Over, Spin, Crawl, Speak, and Kiss Me. Bring soft treats to class. Each dog registered will also receive a coupon for a free bath at Wash & Wag.
Instructor: Wash and Wag of Culpeper
217 Southgate Shopping Center
Register By: 4/1; 5/11
W 4/6-4/27 6:00p-7:00p \$55 #2614.0487
Tu 5/17-6/7 6:00p-7:00p \$55 #2614.0486

Spring Schedule



LOOSE LEASH WALKING & RECALL

Dogs Ages 6 months & up, 5 wks

Pre-requisite: Basic obedience

This class will focus on loose leash walking and addressing issues while walking your dog in public, in addition to developing positive, fun and reliable recalls (come) with your dog. Two weeks will be spent on each behavior, with the last week meeting at the park to incorporate both walking and recalling your dog. Each dog registered will also receive a coupon for a free bath at Wash & Wag. (no class 11/24)

Instructor: Wash and Wag of Culpeper

217 Southgate Shopping Center

Register By: 3/30; 5/5

6:00p-7:00p \$65

Tu 4/5-5/3 #2614.0489

W 5/11-6/8 #2614.0490

ALL HORSEBACK RIDING LESSONS:

All participants must wear hard sole shoes with a heel. Helmets will be provided and are required.

PONY RIDING I

Ages 4-6, 6 wks

Students will learn basic position and commands. Emphasis is on building confidence and skills on horseback at the walk. Students will learn to walk, halt, and steer. Adult must lead horse & child around riding ring while child receives instruction. Only 5 students accepted. No class 4/23

Instructor: Ironwood Farm Staff

10291 Homeland Rd, Rixeyville

Register By: 3/29

Sa 4/2-5/14 \$104

9:30-10:00a #2614.0400

10:15-10:45a #2614.0401

PONY RIDING II

Ages 4-6, 6 wks

Prerequisite: Pony Riding I at Ironwood Farm

Emphasis is on refining skills on horseback at the walk and trot. Parent or other adult must lead horse & child around riding ring while child receives instruction. No class 4/23

Instructor: Ironwood Farm Staff

10291 Homeland Rd, Rixeyville

Register By: 3/29 #2614.0402

Sa 4/2-5/14 11:00a-11:30p \$104



BEGINNING HORSEBACK RIDING

Ages 7-12, 6 wks

Students will learn to ride a horse independently at the walk and begin to trot, also to post and ride in 2-point position. Basic position and commands will be emphasized through fun drills and games on horseback. (ages 13+ please contact us if interested. If enough interest, a class will be opened.) No class 4/23.

Instructor: Ironwood Farm Staff

10291 Homeland Rd, Rixeyville

Register By: 3/29

Sa 4/2-5/14 \$140

1:00-1:45p #2614.0403

2:00-2:45p #2614.0404

ADULT HORSEBACK RIDE & CHAT

Ages 18 & up, 5 wks

Looking for something to do while the kids are at school? Come join the instructors at Magnolia Equestrian Center for a guided trail ride with your girlfriends and chat away. Sign up as a group or just come out to meet new friends!

Instructor: Magnolia Equestrian Center

20420 Germanna Hwy, Stevensburg, Va

M 12:00p-1:00p \$35 per date

4/11 *Register by:* 4/5 #2614.0405

4/18 *Register by:* 4/12 #2614.0406

4/25 *Register by:* 4/19 #2614.0407

5/2 *Register by:* 4/26 #2614.0408

5/9 *Register by:* 5/3 #2614.0409

BEGINNER PONY PREPARATION

Ages 7 & up, 5 wks

Beginner Pony Preparation invites all beginner students who have been riding for less than a year or who have no experience at all. Learn grooming, bathing, care and handling techniques to have the perfect pony around the barn or out at a horse show. Time will also be allotted for riding. Will also make home-made healthy pony treats!!

Instructor: Magnolia Equestrian Center

20420 Germanna Hwy, Stevensburg, Va

Register by: 4/7 #2614.0406

W 4/13-5/11 4:15p-5:15p \$165

THEME PARK TICKETS

Culpeper County Parks & Recreation will

again be selling Discounted Tickets to

Kings Dominion and Busch Gardens.

For details on prices visit

www.CulpeperRecreation.com



Spring Schedule

SENIORS

INTERESTED IN BECOMING A SILVER CLUB MEMBER?

The Club meets every Wednesday from 10:00am – 2:00pm

Location: Culpeper County Library Meeting Room

Fee: \$9 per year

Ages: 55 & up (Must be a Culpeper Resident)

Volunteer Coordinators: Marshall Conner & Jack Maher

Join us for Culpeper County Parks and Recreation's largest and most entertaining program. Every Wednesday join fellow active adults and senior citizens at a weekly meeting. Enjoy a covered-dish lunch and participate in activities like bingo, speakers, trips, holiday parties, crafts and other projects.



Wicked Bottom 5K starting line 2010

SPECIAL EVENTS

WICKED BOTTOM 5K CROSS COUNTRY & 1/2 MILE FUN RUN

The run starts from the lush grounds of Old House Vineyards. Passing the rows of vines and following the gravel road, runners will hop across Old Stevensburg Road and bound into one of Culpeper's little secrets – Lenn Park. The trail will wind along the border of the park property in view of Mountain Run Creek, then loop back ending at the vineyards. The course is fairly level with only a few short hills and with luck, you may catch a glimpse of wildlife.

Awards will be provided to the overall male/female finishers, and to 1st - 3rd place finishers in 7 different age groups of: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+.

Don't forget the kids! A 1/2-mile fun run through the vineyards will be held prior to the start of the 5K. Moms, want to run? There will be kid-approved activities on site while you run.

Wait! If interested, there will be free yoga and free massage after the race for your relaxation and to help stretch out those tight muscles. Food Vendors will be offering lunch to purchase, and the vineyard will be providing free wine tastings throughout the day to participants.

Participants registered by April 10 are guaranteed an event t-shirt. So register early!

Dogs are not allowed to participate in the run or be on-site at Old House Vineyards. So please leave Fido and Fluffy at home.

Saturday, May 7th

Day of—Registration: 8:00am

1/2 mile Kids Run Starts: 9:30am \$10
(registration closes at 9:15am)

5K Start: 9:45am \$25
(registration closes at 9:30am)

Door prizes start: 10:30am

Medal/Prizes Presented at: 11:00am

SPORTS

SHOTOKAN KARATE

Ages 6-adult, 4 wks

This is an intro class to the basics of one of the most popular martial arts, with emphasis on safety and personal development. Ages 6-17 must be accompanied by a registered adult.

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 6:00p-7:00p \$35

4/6-4/27 Register By: 3/31 # 2519.0470

5/11-6/1 Register By: 5/5 #2512.0476

KICKBOXING

Ages 18 yrs - Adult, 4 wks

Do you need to work off the stress from commuting and the job? Consider spending an hour kickboxing! We'll concentrate on learning and perfecting the kicks and punches, while putting the moves together for a great aerobic workout. No class 5/30

Instructor: Remi Godlewski

Community Room, 303 N. Main

M 6:45p-7:45p \$35

4/4-4/25 Register By: 3/31 # 2512.0471

5/9-6/6 Register By: 5/3 #2512.0372

THEME PARK TICKETS

Culpeper County Parks & Recreation will again be selling Discounted Tickets to Kings Dominion and Busch Gardens.

For details on prices visit

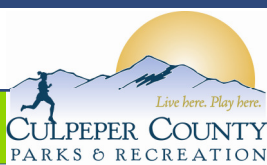
www.CulpeperRecreation.com

or call 540-727-3412 ext 4

Registration is EASY!!!

see page 24 - 25

Spring Schedule



SUMMER CAMPS

NEW! Due to space limits Summer Camp descriptions are available online. Additional camps will be available in the Summer issue of *The Culpeper Minutes* which will be available on May 27.

TEDDY TROT AND DOLLY DERBY

PRESCHOOL MINI CAMP

Ages 3-5 yrs, 4 days
M-TH 6/27-6/30 9:30a-1:00p \$99

ACTION ADVENTURE ANIMATOR MINI CAMP

Ages 6-13 yrs, 4 days
M-TH 8/8 - 8/11 9:30a-1:00p \$99

FASHION FUN CAMP FOR GIRLS

Ages 6-13 yrs, 5 days
M-F 9:30a-3:00p \$99
Behind the Beauty Sensational 70's
6/27 - 7/1 8/8 - 8/12

ROBOTICS CAMP

Ages 6-13 yrs, 5 days
M-F 9:30a-3:00p \$99
Rocks 'N Robots Monster Machines
6/27 - 7/1 8/8 - 8/12

ART & SCIENCE CAMP AFTER CARE

Ages 6-13 yrs, 5 days
M-F 3:00p-4:30p \$65
6/27 - 7/1 Or 8/8 - 8/12

JUNIOR COUNSELOR IN TRAINING WORKSHOP

Ages 14 to 17.
Sa 4:00a-5:30p FREE
6/25 Or 8/6

JUNIOR COUNSELOR IN TRAINING CAMP

Ages 13-17 yrs.
M-F 9:30a-3:00p FREE
6/27 - 7/1 OR 8/8 - 8/12

TRIPS

NEW! TEDDY TROT AND DOLLY DERBY PRESCHOOL FIELD TRIP

Ages 3-5 yrs, 1 day
Campers will go for an exciting field trip adventure all day to Munroe Park's Gold Mining Museum in Goldvein. Please have your child wear sneakers. Students must be potty trained and separate easily. Each student must bring a labeled water bottle, a light snack and a disposable sack lunch. Student snack/souvenir and tickets for admission/transportation are included in camp registration fee.

Instructor: Wormack Productions & Creations
Pick up Location: TBA (public school)
Register By: 6/17 #3820.0011
F 7/1 9:30a-3:00p \$30

NEW! ACTION ADVENTURE ANIMATOR FIELD TRIP

Ages 6-13 yrs, 1 day
Campers will go for an exciting field trip adventure all day to the Movie Theater in Culpeper & Yowell Meadow Park. Please have your child wear sneakers. Each student must bring a labeled water bottle, a light snack and a disposable sack lunch. Student tickets for admission/transportation are included in camp registration fee.

Instructor: Wormack Productions & Creations
Pick up Location: TBA (public school)
Register By: 6/17 #3820.0013
F 8/12 9:30a-3:00p \$30

THE LEISURE TIMES REC. GUIDE

Below is a listing of non-profit recreational groups based in Culpeper County. These are not operated by the Parks and Recreation Department. For questions, contact the person listed.

YOUTH SPORTS:

- Culpeper Football Association - Chris Settle - 540-222-8060
- Culpeper Youth Basketball - Greg Ward - 540-547-9188
- Culpeper Youth Baseball - Dennis Kaczor - 540-825-9234
- Rappahannock Culpeper Baseball - Amy Hitt - 540-937-7900
- Culpeper Lacrosse Association Foundation - Lusby Blackwell - 540-825-2993
- Culpeper Soccer Association - www.culpepersoccer.net
- Culpeper Wrestling Federation Mark Hamilton - 540-547-2696
- Team Cobra Youth Wrestling Eddie Jenkins - 540-937-3751

ADULT SPORTS:

- Adult Soccer www.culpepersoccer.net
- Adult Co-Ed Softball Robbie Patton - 540-825-9706
- Culpeper Women's Flag Football www.cwffl.org/

COMMUNITY:

- Culpeper Model Barnstormers (RC airplanes) Nic Burhans - npb6218@earthlink.net
- Blue Ridge Chorale of Culpeper - www.brcsings.com
- Culpeper Blue Angels All-Star Cheer & Dance Kym Majors - 540-727-2087
- Culpeper Carousel (batons) Kim Bonner - 540-829-6444
- Culpeper Football Assoc. Cheerleaders Chris Settle - 540-222-8060

5 EASY WAYS TO REGISTER!



By Phone

- Once you set up your ActiveNet customer account, call 540-727-3412 and select either extension 4 or 5. Payment must be made by credit card to register over the phone. ActiveNet customer accounts can also be set up via phone.



By Fax

- Once you set up your ActiveNet customer account, simply complete the registration form and payment information (credit cards only) and fax to 540-727-2802.



Online

- Go to www.CulpeperRecreation.com, then click “Programs & Online Registration.” Set up your ActiveNet customer account, and you can register from the convenience of your home or anywhere you have internet access.



Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).
Cash /Check/ Credit Card



By Mail

- Set up your ActiveNet Account online or include the set up form on page 24 with a completed registration form and payment,
• Mail to **155 W. Davis Street, Suite 100, Culpeper, Virginia 22701.**
• Confirmations are done via email. Otherwise, please include a self-addressed, stamped envelope, if **you require** a confirmation.

Registration Information

ActiveNet

- ActiveNet is the new recreation software the Department has obtained to process registrations, provide online registration, and accept credit card payments.
- To begin using this system each household must have an account set up in order to register for any Department activities. Please complete the “ActiveNet Customer Account Form” on page 24 and fax or mail it to the department. You can also set up your account online. This form only has to be completed once.
- Registrations cannot be processed until the “ActiveNet Customer Account Form” has been received and processed by the Department, or you have set up your account online.

Registrations:

- **Online registration begins on Friday, March 11. All other registration methods will begin on Monday, March 14, 2011.**
- Full payment must accompany registration in the form of credit card, cash, checks, or money order payable to Culpeper County Parks and Recreation.
- Registrations are accepted on a first-come, first-served basis. Anyone can participate regardless of County of residence.

Register By:

- The register by date is when the Department has to have the minimum number of registrations to offer the activity. If the minimum is met by this date, registrations will continue to be accepted, unless otherwise stated, until the activity is full. However, if minimum is not met by this date, the activity will not be held.

Adjustments

- Department staff has made every effort to prepare this section of the *Culpeper Minutes* as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Department reserves the right to make any necessary adjustments. The staff apologizes for any inconvenience these errors or adjustments may cause.

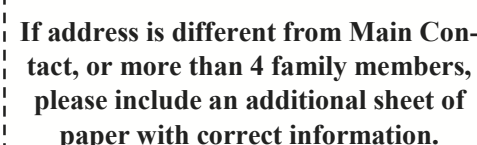
Refunds:

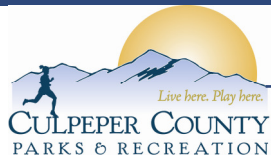
- If a participant needs to withdraw from a program, a full refund will be issued if the Parks and Recreation Department has been notified **before** the start of the second class.
- If a participant withdraws from a program after the start of the second class, then a pro-rated refund, less a \$3 processing fee, will be issued.
- Refunds for one-day activities and all bus/van trips will be given in full, prior to the registration deadline. After the registration deadline, refunds less a \$3 processing fee, are **only given** if a substitute(s) is found and that substitute(s) registers with the Department before the activity/trip date.
- A refund check is mailed to the address on file and it may take up to 45 days to be received.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public Schools cancel or close early, for inclement weather, natural disasters or other occurrences.
- Please listen to the following radio stations for closing announcements: 92.5 FM, 95.9 FM, 103.1 FM, 104.5 FM, & 107.7 FM, visit www.cancellations.com, or call our office at 540-727-3412 and select option 1.

Registration is EASY!!! see page 24 - 25





From the Director's Desk...

HATS OFF TO THE EMPLOYEE OF THE YEAR...

Recently a member of the Culpeper County Parks and Recreation staff received acknowledgement from his peers indicating his work is exceptional as a County employee. On Saturday, December 11th Michael Skelton, Park Superintendent of the County's park system, was hailed as the 2010 Employee of the Year!

Mike Skelton's specific duties are budget planning and monitoring expenditures, maintaining fixed assets such as ball fields and equipment and developing a replacement plan. Other responsibilities include planning and coordinating development of a turf management program following state and federal guidelines in administering and overseeing pesticide, fungicide, herbicide and fertilizer applications. He directs operation and maintenance of the park system and carries on a program of proper mowing and weed control of common grass and turf areas. Mike provides oversight for the use of County park facilities, maintenance work, facility upgrades, and recommends park facility improvements. He responds to complaints related to park activities and operations, provides information, researches problems and initiates problem resolution. Mike maintains positive community relations with local youth and adult organizations.

Acting as a one-man force at the park, Mike understands the importance of continuing education. He realizes education will only improve understanding turf management and refine efficiency when an issue arises at the park. Mike attends several educational seminars offered by the Virginia Turfgrass Council, is a Certified Playground Safety Inspector and has certification in turf pesticide application. When requested, Mike shares his knowledge with the local high school maintenance crew and other community agencies, solving problems that improve their efficiency. This method helps improve relationships and trust between county agencies and departments and actually saves money by sharing resources.

Working side by side with a local turf contractor, Mike has saved the County thousands of dollars through piggyback purchasing, sharing tools, and trading back material for other needed materials. Due to the scope of work it has occasionally been necessary for him to create his own tools to prepare ball fields, thus saving more by spending less. Mike also encourages and educates youth association volunteers on field preparation and maintenance and cleaning the grounds after their specific event. He feels the more knowledgeable the volunteer is about proper maintenance, the more they will recognize and report safety issues, invasive turf species, and damage spots caused by overuse and natural causes.



Mike Skelton, Park Superintendent, recognized by his peers

As Mike's immediate supervisor, Parks and Recreation Director John Barrett noted "during Mike's job interview process it occurred to me that Mike possessed an ownership mentality; that he would approach daily park tasks with the same intensity and care as if he were dealing with his own personal property." That's why he arrives at the Complex extremely early and leaves late. Mike sets his standards and expectations and makes them his highest priority. He believes that youth should learn sporting skills in a problem-free environment that offers a proper playing surface and accurate field dimensions, such as the correct height and compaction of a pitching mound.

Mike certainly takes pride in his daily work, which is a tribute to his ethics and high standards. His work is appreciated and acknowledged by his peers and evidenced by what the County has to offer at the Culpeper Sports Complex.

Thank you for all you do, Mike!